one seventy-fourth of all the capital put upon the table which zero would have claimed as its inalienable right. Nor is it necessary to have equality of betting with the Bank to win at this game. The player can be many bets behind the Bank and still be a winner. It can not be maintained, even by the most skeptical, that it is unreasonable for the player to hope to guess right as often as he guesses wrong, and, whenever equality arrives, the player will be richer by one unit for each stake made.

—*And the Gambler Must Make a Large Proportion of Correct Bets*

In this system the gambler's expectation of gain depends on two things: the progressive increase of his stakes, and his ability to make a large proportion of correct bets; and every system at roulette or trente-et-quarante has these two elements — the "progression" and the "attack," to use the language of the gambling-rooms. The progression is the rule according to which the stakes are raised or lowered; the attack is the rule that guides the player in placing his stakes on one chance in preference to another. In the vast majority of systems played at Monte Carlo, the hope of gain rests upon some more or less ingenious manipulation of the stakes; that is, upon the progression. It is assumed as an axiom by most writers on the game that any attempt to win by means of the attack alone — that is to say, any attempt to guess right oftener than the Bank does — is foredoomed to failure. At best, they say, as it is an even chance, you might hope to guess right *as often* as the Bank does; but, if that is the best you can do, you must lose in the long run, because zero comes every thirty-seventh spin of the wheel, on the average; so that the only result of your play would be that you would go on constantly paying the zero tax till your capital was exhausted. Therefore, to play successfully with a "flat stake," that is, playing the same unit every coup, you must invent a method of guessing which first annihilates the Bank's advantage of zero, and after that still gives the player a definite advantage. The thing is impossible.

Notwithstanding this apparently sound reasoning, many players have set themselves to solve the problem of winning with a flat stake, and some exceedingly ingenious systems have been invented. The progression is a two-edged sword of which experienced gamblers have a wholesome dread, and it is not surprising that the solution is sought by means of the flat stake. Some authorities, indeed, reject all progressions as intrinsically unsound, declaring that if you can not win with a flat stake you ought not to play at all.

The Inventor of an Infallible System Who Died Miserably Poor

An ingenious flat-stake system has lately been practised in the Casino with sustained success. When tested over more than 50,000 authentic spins of the roulette-wheel, it has persistently given the surprising average of four wins more than the Bank in each hundred coups, after annihilating the zero percentage, and actual play at the tables has corroborated these results. It is difficult to make this system clear without an elaborate explanation; but, briefly stated, it seeks to follow the ball in all its intricacies, to pursue it in every one of its phases. It is a mistake, says the inventor, to suppose that the roulette-ball, falling continually into a black pocket or a red one, produces a series of intricate patterns like the interminable arabesques of the kaleidoscope. The patterns, on the contrary, are strictly limited, amounting only to some six or seven simple elements. The method of betting enables the player to follow almost immediately whatever pattern is beginning to show itself, and, should none of the conventional patterns declare themselves, then, by an ingenious and sudden change of play, the patterns are abandoned, and the player goes on winning during those jumpy periods of play when the whole game seems in a state of flux, and neither runs, nor intermittences, nor *coups de deux*, nor any other recognizable pattern shows itself.

The inventor of this ingenious system, who called himself "the Conqueror," died miserably poor in a London suburb while his pupils were daily winning considerable sums in the Rooms at Monte Carlo. There is no patent on a system; and such is the incredulity of mankind that it might quite conceivably happen that a man should invent an infallible way of winning, and yet be too poor to put it into practice — like the man in Mr. H. G. Wells' story who made an artificial diamond of immense size, yet starved in the streets because he could not get rid of it.

STAMMERING AND ITS CURE

BY

H. ADDINGTON BRUCE

AUTHOR OF "THE MARVELS OF DREAM ANALYSIS," ETC.

ILLUSTRATIONS BY W. J. ENRIGHT

THERE lies convenient to my hand at this moment a thin, pamphlet-like volume that tells the story of one of the strangest among the many singular and tragic blunders which medical science has made in its progress to knowledge. It is a translation from the German of Dr. J. F. Dieffenbach's "Memoir on the Radical Cure of Stuttering." Assuredly, Dieffenbach's "cure" was radical enough, for it consisted in nothing less than the excision of a large, wedge-shaped section from the stammerer's tongue! In this little book, published in 1841 and embellished with several ghastly full-page engravings, is described with great professional gusto the first of these terrible operations, as performed, without the aid of any anesthetic, on an unhappy youth of thirteen. The result was a "complete success." Says Dieffenbach, writing a few weeks after the operation:

"At the present time not the slightest trace of stuttering remains, not the slightest vibration of the muscles of the face, not the most inconsiderable play of the lips. His speech is throughout well toned, even, and flowing."

Curing Stammering by Butchery

Thus was inaugurated a period of butchery that lasted until, almost before the year was out, it was observed that those "cured" by this sanguinary means usually began, before long, to stammer as badly as ever, and also that those who were not "cured" had a tendency to die. Yet Dieffenbach was no charlatan, no "quack." He was a reputable surgeon, who honestly believed that he had discovered the true remedy for stammering. And if the passage of time has intensified the tragedy and absurdity of his method, and has relegated his glowing account of it to a place in the literature of medical curiosities, there is this to be said of him — that he has had plenty of successors who have erred almost as seriously in their attempts to solve the problem presented by the widespread and baffling malady of stammering.

In fact, up to within quite recent times the record of the struggle against stammering has been one of continuous failure. There has been a steady accumulation of methods of treatment, from surgical operations of a less drastic type than Dieffenbach's to the use of various articulatory and respiratory exercises and devices, without any appreciable effect in the diminution of stammering. Even to-day, the great majority of physicians and lay specialists — to whom, by a sort of tacit agreement, the medical profession has largely relinquished the task of coping with stammering — labor to little purpose. At this very moment there are in the United States alone at least three hundred thousand persons who stammer, fully half of whom stammer so badly that they are severely handicapped in the gaining of a livelihood. Thousands of these have resorted to medical advice, or have attended so-called schools for stammerers, with lastingly beneficial results to comparatively few. Small wonder that there is among stammerers and their friends a tendency to believe that stammering is, as a general thing, among the distinctly incurable maladies of mankind.

Yet it may be declared with confidence that they are wrong — that stammering, if usually incurable by the methods now in vogue, is nevertheless perfectly and invariably amenable to treatment. The trouble is that, until lately, there has been no really systematic effort to study its phenomena with a view to ascertaining with scientific exactness its true nature and causation. Stammering, it has long been recognized, is not a malady of uniform symptomatology, like tuberculosis and typhoid fever and Bright's disease. No two stammerers stammer precisely alike. They stumble over different letters and sounds; time, place, and circumstance have varying effects on the degree of their stammering; and the physical spasms and contortions that so often accompany this trouble

differ in different stammerers. There is, too, a great variation in the onset of stammering. Mostly, to be sure, it manifests itself in childhood, from the age of four to eleven. But it may not set in until much later in life, and, when it does begin in childhood, it begins under a marked diversity of conditions.

Sometimes a child stammers almost as soon as it has learned to speak, though seldom, if ever, coincident with the learning. Often the first appearance of stammering follows an attack of some disease like measles or diphtheria. Or, again, a child that has been speaking quite well suddenly begins to stammer, and persists in stammering, after being brought into contact with people who are themselves stammerers. "I was entirely free of stammering till I was five years old," writes a clergyman, in a typical communication, "when at that time of life there was a gentleman who occasionally came to my father's house, who indeed stammered very badly, and I distinctly remember one afternoon trying to imitate him, when, unfortunately, he heard me, and was very indignant; and so ashamed were my parents at my conduct that after he had gone I was taken to task and punished severely for it. Ever since that night I have been afflicted with this most distressing malady."

"He was pounced upon and frightened almost into convulsions by a huge black dog"

Heredity, the Catch-All of Science, Blamed for Stammering

Facts like these, I repeat, have long been observed and commented on by specialists in stammering; but, unfortunately, they have, for the most part, been dismissed as mere "oddities," while emphasis has been laid on the single fact that in the majority of cases stammerers have had parents or other relatives who themselves stammered. "Heredity," consequently, has been assumed to be the one and sufficient explanation of all stammering; and it has also been assumed that what is inherited is either an anatomical or a physiological defect. Hence, in too many instances, the use of the surgeon's knife; and hence, also, the invention of innumerable systems designed to train the stammerer in the correct use of his breathing and articulating organs — in a word, to teach him how to talk.

But, as even the most enthusiastic exponents of these corrective systems are now beginning to appreciate, whatever else the stammerer may need, he certainly does not need to be taught how to talk. For he can talk well enough on occasion. Nothing is more significant, from the standpoint of assisting to a clear understanding of the nature of stammering, than the

fact that there are uncommonly few stammerers who have any difficulty in speaking when nobody is with them. On this point every stammerer with whom I have been in touch is in remarkable agreement, and others who have had a far wider acquaintance with stammerers testify to the same effect. Only the other day, Mr. Charles L. Rowan, of Milwaukee, a gentleman who has been a stammerer for years and has made a close study of the subject, sent me a statement in which he declared:

He Stammers when Awake, but Talks Clearly in His Sleep

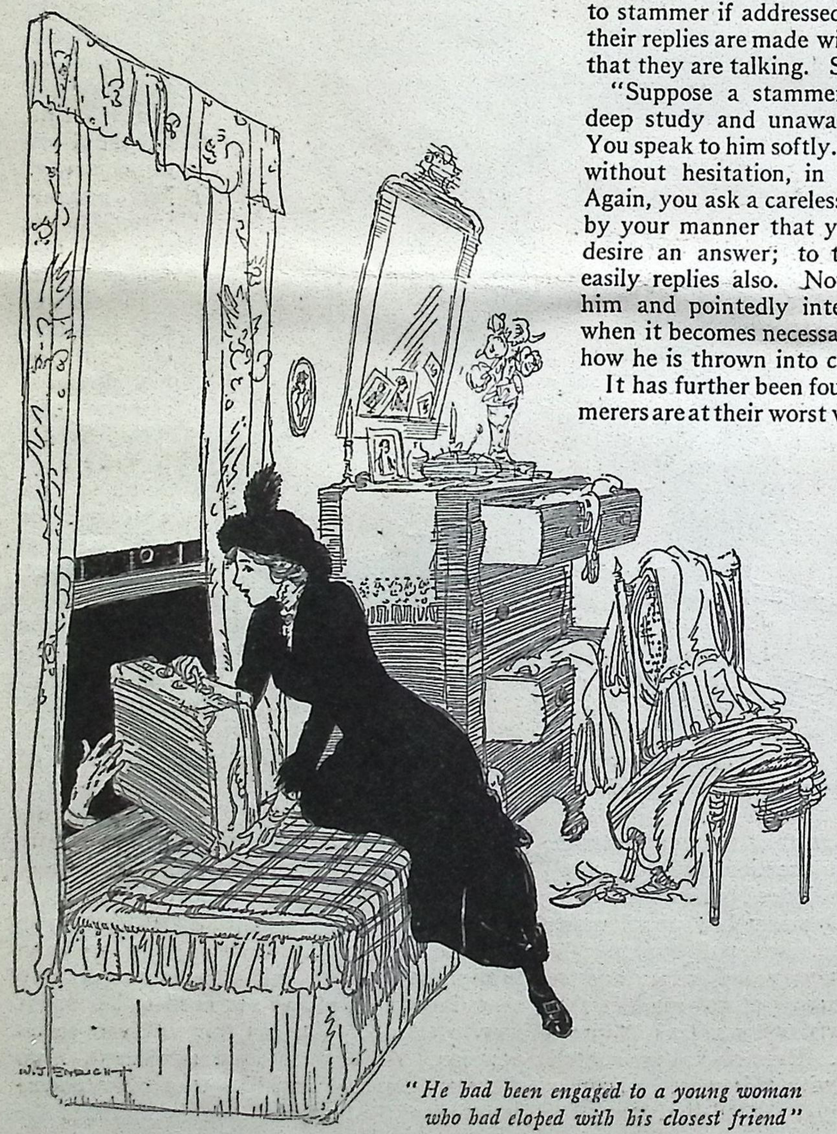
"When I am alone — and the same is true of other stammerers — I have no speech difficulty whatever, and can talk or read aloud for hours with ease. It is only when I am with others that I halt and stammer in my speech. Sometimes I talk in my sleep, and the folks tell me I do not stammer then. But if I am dreaming, and in the dream imagine myself talking, it is always in a stammer.

"I have also noticed that most stammerers talk better when the subject is light and frivolous than when it is something serious. And they talk better when conversing with people whom they regard as inferiors. I know a man who is a section foreman, and he says he can give orders to his negro and Mexican laborers perfectly, but if the road-master comes along, he can not talk to him at all."

More than this, according to another diligent investigator, the majority of stammerers fail to stammer if addressed in such a way that their replies are made without their realizing that they are talking. Says this observer:

"Suppose a stammerer is engaged in a deep study and unaware of your presence. You speak to him softly. He answers readily, without hesitation, in an absent manner. Again, you ask a careless question, implying by your manner that you do not expect or desire an answer; to this he quickly and easily replies also. Now, look straight at him and pointedly interrogate him. See, when it becomes necessary for him to speak, how he is thrown into confusion."

It has further been found that most stammerers are at their worst when in the presence of strangers. Some stammer scarcely at all when at home, with their relatives and intimate friends. On the other hand, there are some who stammer worse than usual when with relatives. Quite recently I learned of one case — that of a young lady who had stammered slightly from infancy — whose trouble was most pronounced when talking with her mother. Almost all stammerers, too, enjoy temporary relief from their speech defect when greatly startled, angry, or otherwise excited.



"He had been engaged to a young woman who had eloped with his closest friend"

"'I knew I was a bad boy — very bad. Nothing could atone for the sins I had committed'"

Stammering a Mental Disorder

Decidedly, then, it is not from anatomical or physiological inability to speak that a stammerer suffers. It is, rather, from a psychological inability. That is to say, the facts just mentioned strongly indicate that stammering is primarily a mental malady — that it is due to the presence, in the mind of the stammerer, of some idea or ideas that inhibit the normal functioning of the organs of speech. This conclusion is confirmed by the additional circumstance that nearly every stammerer who has been questioned on the subject admits that he is perpetually tormented by a haunting dread of not being able to express himself clearly to others, and so of exposing himself to their ridicule, contempt, or pity. Many, indeed, affirm their conviction that if they could only overcome this dread they would be free from their affliction. "I believe," is a characteristic utterance of stammerers, "that if I were to wake up some morning with total forgetfulness that I had ever stammered, I should never stammer again."

Faith as a Curative Factor

Still more significant is the fact that, of the many methods which have been invented for the treatment of stammering,— and which include such curious devices as beating time with every word, and wearing artificial supports under the tongue,— all have had to their credit a certain, however small, proportion of genuine cures. This would suggest, not that they have been intrinsically valuable, but that, in the cases cured, they so impressed the mind of the stammerer with their therapeutic virtue as to banish his long-entertained belief that he could not talk like other people. For that matter, recent experiments go to bear out the view that almost any method, no matter how fantastic, will cure some stammerers, if only they have a "lively faith" in its efficacy.

For example, there was brought to the Boston City Hospital, some few years ago, a woman of thirty-five who, though formerly an excellent speaker, had begun to stammer in a most frightful manner, following a violent quarrel with her husband. She could utter scarcely a sound, except weirdly inarticulate noises, and these only by a great effort. The physician to whom her case was intrusted, Dr. I. H. Coriat, soon became satisfied that she was suffering mainly from a profound belief that she would never be able to talk again; and he therefore endeavored to reason her out of this, but to no purpose. Finally he abandoned the attempt, and, after leaving her pretty much to her own devices for several days, said to her one morning, in a tone of authority:

"Well, Mrs. Blank, I have been looking carefully into your case, and I find there is one way certain to cure you. It may be a little painful, but I know you will not mind that, as long as it is going to make you entirely well."

So saying, and with an air of the utmost confidence, he began to apply to her an electrical current just strong enough to make her wince. Only a few treatments of this sort were found necessary to enable the hospital authorities to discharge her as cured — and she has stayed cured.

Of late, consequently, with growing recognition of the dominant psychic factor in stammering, there has been an increasing tendency — though as yet it is far from universal — to employ psychological methods in treating stammerers. The effort is made to instil confidence in the sufferer — to convince him that he need only exercise his will power to bring about his own cure. In a good many cases, and frequently with most gratifying results, resort is had to hypnotism, the "suggestion" being reiterated to the patient, while in the hypnotic state, that in the future he will experience none of his overwhelming sensations of dread and anxiety, and will speak as well as persons who have never stammered. Or he may be treated by the "method of psychic re-education," which consists essentially in the development of volitional control by suggestions tactfully imparted in the ordinary waking state. All of which unquestionably marks a tremendous advance over the theories and practices based on the alleged physiological defects of stammerers, and, unhappily, still popular with many practitioners.

There is this to be added, though — that, sanely beneficial as is the psychological treatment of stammering, it does not, as commonly administered, operate with anything like the regularity of a true specific. Whether the confidence-inspiring suggestions be given in the hypnotic sleep or in the state of normal consciousness, it often happens that they do not "take." The stammerer, albeit he may perhaps show improvement for a time, remains without clear articulatory power. When this occurs, the natural tendency among those treating him — in view of the demonstrated truth that stammering is the effect of a peculiar state of mind — is to throw the blame on the patient instead of on the method. Yet, actually, it is the method that is at fault — or, to be exact, it is the failure to apply the method, which itself is thoroughly sound, in such a way as to remove from the stammerer's mind not only the fear that haunts him and helps to perpetuate his stammering, but also the ideas in which his stammering originated.

Stammering the Effect of a Peculiar State of Mind

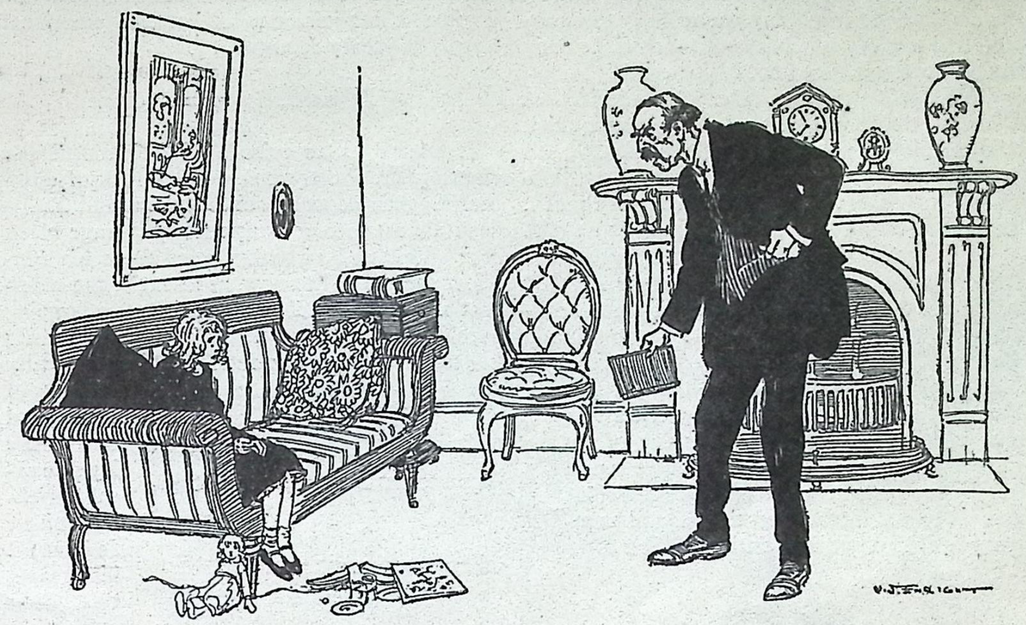
Here we come to the central fact in the whole problem of stammering — a fact which, when it is widely enough known and appreciated, is certain to exercise a far-reaching influence on the prevention of stammering, as well as its cure. At present, knowledge of this fact is almost entirely confined to a small group of foreign investigators, physicians with a psychological training, whose special business it has been to determine scientifically the possibilities, the limitations, and the exact procedures to be followed in supplementing the ordinary surgical and physiological treatment of disease by wholly mental treatment. These men, impressed by the predominance of the mental factor in all cases of stammering, were particularly impressed by some of the peculiarities mentioned above — such as the ability of almost every stammerer to speak well when alone or when in a state of abstraction. These, they knew from long experience, bore a strong resemblance to peculiarities characteristic of victims of hysteria, psychasthenia, or some other "psycho-neurosis," in all of which there is a tendency for symptoms to disappear when the sufferer's attention is momentarily withdrawn from them. And, accordingly, it seemed to the investigators quite possible that, in the last analysis, stammering was not so much a disease in itself as a psycho-neurotic symptom.

First Caused by an Emotional Disturbance

Now, for reasons I have already set forth in "The Marvels of Dream Analysis,"* they knew that every psycho-neurosis has its origin in emotional disturbances of one sort or another, which, occurring to a person of nervous temperament or rendered neurally unstable by a faulty upbringing, react adversely on the entire organism. Exactly what happens is that the emotional disturbance,— whether it be a fright, a grief, a worry, or what not,— while perhaps completely forgotten by the victim so far as conscious recollection is concerned, remains subconsciously alive in his memory, is ever seeking to emerge again into conscious remembrance, and, failing to do this, takes its revenge, so to speak, by the production of disease symptoms, ranging from mere oddities of thought and behavior to symptoms mimicking those of true organic disease.

Just what form these mentally caused symptoms will take depends altogether on the kind of suggestions received from the sufferer's environment. If he chances, for instance, to have a relative or friend who is a paralytic, he may in time develop pseudo-symptoms of paralysis himself. Or, if his nervous equilibrium be sufficiently upset, he may develop them from merely hearing or reading about them. Whatever the symptoms he manifests, his malady is curable — precisely as it was produced — by mental means alone. Often a general "counter-suggestion" to the effect that henceforward he

* See McClure's Magazine for November, 1912.



"Then followed a long series of reminiscences of the severe discipline imposed on her in childhood by her father, a stern, hard man"

will be perfectly well is enough to work his cure. More frequently, permanently curative effects are had only when, by special techniques devised for the express purpose of rummaging through the subconsciousness, the forgotten memory or memories responsible for the psycho-neurosis are brought to light, and the specific suggestion made that from that time they will do no harm. Sometimes, experience has shown, the mere recalling of them into conscious remembrance is enough to put an end to the disease symptoms they have caused.

On the view that stammering is similarly a psycho-neurotic symptom, and that when it fails to yield to treatment by general suggestion it is because the subconscious memories underlying it are too intense to be thus subdued, this group of investigators undertook to treat it as they would any stubborn psycho-neurosis. The outcome of their experiments has been such that I feel justified in declaring that at last science has penetrated to the true inwardness of stammering. Time and again these psychologically trained physicians have taken stammerers who had well-nigh exhausted their hopes and their resources in a futile quest for normal speech, and, after subjecting them to the searching methods of "mind tunneling," of which they are masters, have sent them on their way rejoicing in a perfect cure.

Thus there came some time ago to a German member of the group, Dr. B. Dattner, a stammerer of thirty-six, who had been burdened by his speech impediment from boyhood. He had first stammered, he told Dr. Dattner, after an attack of diphtheria at the age of nine, and he had for some time been treated on the supposition that the diphtheria had caused a peculiar kind of throat paralysis. This treatment failing, he had sought relief by other means, always without more than temporary benefit. Like many another stammerer, he spoke of the abnormal dread that harassed him, especially when with strangers, and expressed the belief that if he could conquer this he would be free from his stammer.

"Ah, but," Dr. Dattner explained, "do you not realize that, after all, your dread is caused by, not the cause of, your stammer? It has helped, doubtless, to keep it alive and to aggravate it. But it has not been the thing that originally made you stammer. That we must seek elsewhere."

"You mean in the attack of diphtheria?"

"Not at all. I mean in something that happened to you before you had diphtheria — something which so exceedingly distressed you that it was continually uppermost in your thoughts, and which finally worked on you so much that, when your nervous system was weakened by the diphtheria, it gave rise to your stammering. Now we are going to try to discover what that something was, and when we have done so it will be possible really to cure

you. Can you recall any particularly disagreeable incident of your childhood, occurring at any time before you were ill of diphtheria?"

"No," said the other, after a little reflection. "I think that I was perfectly happy as a child, and certainly I was treated very kindly."

"Just the same, something must have happened at that period to disturb you very much. Let us find out, if we can, what it was."

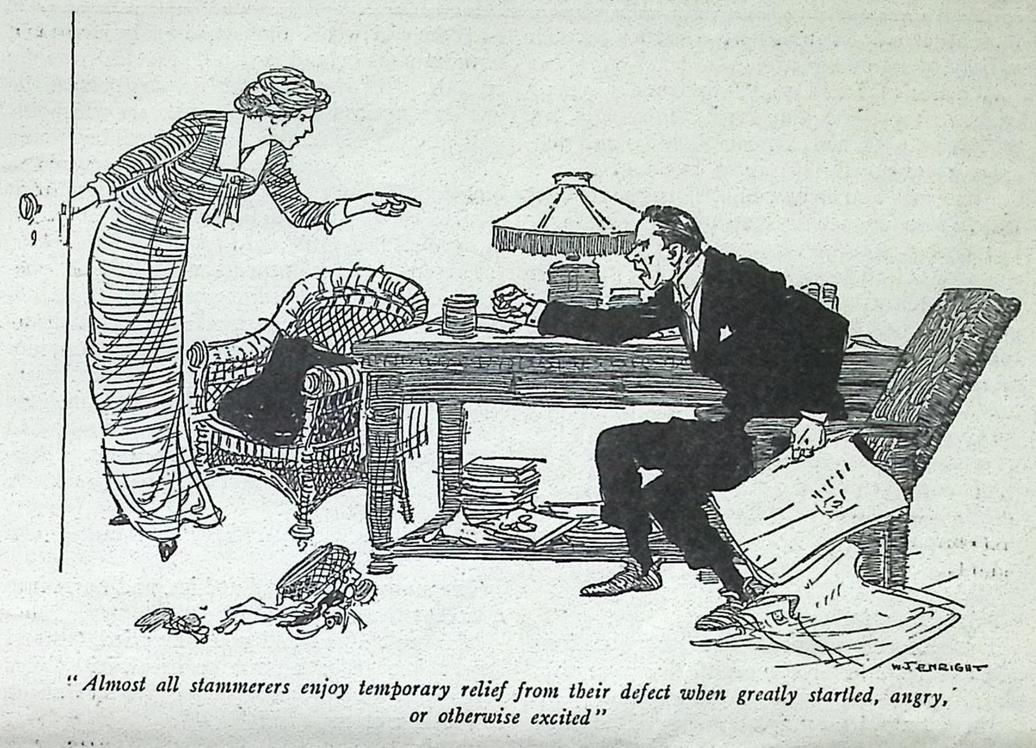
To this end, Dr. Dattner now made use of the "free association method of psycho-analysis," which consists in requesting the patient to concentrate his attention on his symptoms, and state without reserve the thoughts coming to him in connection with them — the theory being that, if there is any exceptionally distressing idea underlying them, the current of his spoken thoughts will sooner or later reveal it. In the present instance, this method at first brought forth only trivial and commonplace memory associations. But after a time a reminiscence of extreme emotional import suddenly emerged.

"'I distinctly remember trying to imitate him, when, unfortunately, he heard me and was very indignant'"

A Remarkably Quick Cure

It related to an episode of the stammerer's eighth year, shortly before his attack of diphtheria, when he was pounced upon, and frightened almost into convulsions, by a huge black dog. This had virtually faded from his conscious memory; but now, as he sat in the quiescent mood enjoined on all patients undergoing psycho-analytic treatment, it welled up into full recollection, every detail of it being vividly recalled — the sight of the dog, the emotions of fear and horror, the hysterical shrieking that followed his escape, the difficulty his parents had in convincing him that he was unharmed. He used to lie awake, he remembered, thinking of the dog; he used to dream of it; the thought of it was always with him.

"Precisely," said Dr. Dattner drily. "And, you see, the thought of it is still with you, for look how graphically you have described it all. The trouble is that it has been leading an independent existence, as it were, in the depths of your mind, with all its original emotional intensity. Your stammering, I can assure you, has been nothing more than the external manifestation, the symbol, of its continuing presence, and of the deadly power it has had over you — sensitive, impressionable child that you must have been. But I can also assure you that your stammering will now come to an end; for we have not only found its cause in the subconsciously remembered shock of your boyhood, but we have actually removed that cause by the very fact of recalling it to your conscious recollection and consequently finding a normal outlet for the repressed emotions."



"Almost all stammerers enjoy temporary relief from their defect when greatly startled, angry, or otherwise excited"

Altogether, it had required just six hours of psycho-analysis, at the rate of about an hour a day, to uncover this horror-incrusted memory of the stammerer's youth. But with its recall, and abundantly validating Dr. Dattner's confident prediction, he once more began to enjoy, and has since continued to enjoy, the blessing of a facile, flowing speech.

In another case, treated by one of the few American physicians who have as yet made any extensive use of psycho-analytical methods,— the same Dr. Coriat, by the way, who so ingeniously employed electricity as a medium of suggestion in the Boston City Hospital case of stammering,— the patient was a man of middle age, who stammered not only when he spoke, but even when he wrote, repeating letters and syllables in anything he tried to put on paper. He had been to two stammering schools, and had been discharged from both as cured, but each time had speedily relapsed.

Fear of Judgment Day Caused This Man to Stammer

Exactly as in the case of Dr. Dattner's patient, psycho-analysis demonstrated that the causal agency of his stammering was a lingering subconscious remnant of distressing emotions of childhood. Only, in this instance the emotions related, not to an unexpected, stupefying fright, but to painful reveries indulged in as a child, and occasioned by certain unpleasant stories he had been told regarding the end of the world.

"These," he recalled, "took complete possession of my mind. I became convinced that the end of the world could not long be delayed, and I was in an agony of terror. Constantly I kept asking myself what I should do to escape destruction. I knew I was a bad boy — very bad. Nothing could atone for the sins I fancied I had committed. But I kept my fears to myself; I did not dare confide them to others. Night and day I worried about them, picturing to myself the terrible happenings of the approaching time of doom."

Until psycho-analysis brought them up to the surface of consciousness, he had long ceased to think of these foolish imaginings of infancy. He had as entirely forgotten them as if he had never entertained them. But, as the event showed, it was their malign influence, working on a nervous system already infirm by defects of inheritance, that had produced a psychoneurosis which, in his case, had taken the form of a speech disorder through the suggestions unconsciously absorbed by watching

his mother, who likewise suffered from a peculiar variety of stammering.

Another of Dr. Coriat's patients, a young woman, impressed him, from the day of her first visit, with her extreme timidity and self-consciousness. Both were so pronounced as to be abnormal, and he immediately suspected that they, in common with her stammering, might be linked with subconscious memories of occurrences that had tended to deprive her of proper appreciation of her abilities and rights. She proved a good hypnotic subject, and, knowing that in hypnosis long-forgotten events are easily recalled, Dr. Coriat questioned her as to her previous history.

"Can you remember," he asked her, "just when it was that you began to stammer?"

"It was when I was a very little girl."

"Had anyone or anything greatly frightened you before then?"

"Yes."

"What was it?"

"It was my father."

Then followed, in answer to further questions, a long series of reminiscences of the severe discipline imposed on her in earliest childhood by her father, a stern, hard man. As she related them, she seemed to feel again all the emotions that they had provoked — the shame, grief, fear, doubt, longing for sympathy. Literally she lived through them anew, and to the trained understanding of the physician it was evident that she had never really forgotten them,— although, in the waking state, she was able to recall her childhood only vaguely,— but had subconsciously dwelt on them all her life long, to the wrecking of her self-confidence as well as the causing of her troubles of speech. Only by completely blotting them out, he saw clearly, could her restoration to health be effected.

An Oath Never to Mention Her Name the Cause of His Stammering

Similarly it has been found that emotional disturbances are always at the bottom of stammering when it develops not in childhood but in adult life. A particularly instructive case, because of the insight it affords into the ingenuity with which the expert psycho-analyst gets at the truth in even the most complicated cases of stammering, is one that was successfully handled by Dr. A. A. Brill, of New York, a pupil of that pioneer Austrian psycho-analyst, Dr. Sigmund Freud. Dr. Brill's patient was a man who, after an early life untroubled by speech defect, had begun to stammer from no discernible cause, and had been stammering for a number of years before he consulted the New York specialist. Several weeks of psycho-analysis elicited nothing that would account for his trouble, and Dr. Brill was in much perplexity until he one day noticed that the words on which his patient chiefly stammered were words beginning with or containing the letter K. It occurred to him that this letter might have some significant association in the stammerer's mind, but the latter denied that it could have.

However, after psycho-analysis had proceeded further, Dr. Brill learned that there had been an event in the patient's life, though occurring some little time before the development of the stammering, that had made a most painful, even agonizing, impression on him. He had been engaged to a young woman who had eloped with his closest friend, and this had so wrought him up that he had vowed never to utter her name again.

"And what was her name?" inquired Dr. Brill.

The stammerer stared at him, and burst into a violent tirade.

"Haven't I just told you," he cried, "that I have taken an oath never to speak it? What business is it of yours, anyway? What bearing can it have on my case?"

Only the Breaking of His Oath Can Cure Him

"Only this bearing — that it may be the means of curing you. Come, now, I am sorry you have taken an oath, because you will have to break it and tell me her name."

"I'll die first."

With this he seized his hat and dashed out of the doctor's office, in a frenzy of indignation. Dr. Brill did not see him again for a month, when he returned repentant. He would tell the name, he said, on condition that Dr. Brill did not write it down in the detailed record which, as is customary, he was making of the case. To this a prompt assent was given, and the patient told the name. As Dr. Brill had expected, it began with K. He then said, leaning forward and showing his sheet of notes:

"See, I have kept my promise. I have called her Miss W. And now we'll soon have you quite well."

But on his next visit the patient was in despair. He was, he protested, stammering worse than ever. Words that had never given him any trouble before were now almost unpronounceable by him. On investigation, it turned out that they were, one and all, words in which the letter W had a place.

"At last," said Dr. Brill, "we know for a certainty what has made you stammer. It was

the foolish oath you took, which served to sustain in your mind the memory of the terrible experience you went through with your faithless sweetheart. Vowing never to utter her name, yet thinking constantly of her, you have unconsciously made it difficult to utter even words in which the most prominent letter of that name, its initial, occurs. And now, since she has become Miss W to you as well as Miss K, you are stammering on words with W as well as words with K. We must free you from the torment of that vow, and of the pent-up emotions that go with the forbidden name, and then you will never stammer more."

To-day that young man experiences not the least difficulty in uttering any word — his cure dating, in fact, from the moment Dr. Brill explained to him the origin of his stammering.

To this mode of dealing with stammerers could anything be in stronger contrast than the brutal Dieffenbach technique? The latter exemplifies, if in an extreme form, the folly of attempting — as is so often done, even to-day — to treat stammering on a basis of imperfect observation. The former shows the happy results that may be obtained when it is attacked in the light of thorough investigation. No; it is neither by the surgeon's knife nor by the use of mechanical appliances or physiological devices that the one sure cure for stammering is to be had, but by intelligent application of the wonderful remedial measures which modern medical psychology has worked out.

Stammering, let me repeat, is not an anatomical or physiological trouble. Its individual peculiarities, varied as they are, all tend to prove that it is fundamentally and invariably a mental malady, symptomatic of a psycho-neurosis having its origin, like all psycho-neuroses, in subconscious emotional states. The rôle that heredity plays in it is merely to provide the soil in which it can flourish. Of wholly mental causation, it is curable by mental means — whether by "faith" in the efficacy of any method of treatment, however intrinsically worthless that method may be; by "suggestions" of a general character; or, if needful, by specific recall and eradication of the "forgotten memories" that underlie it.

Prevention of Undue Emotional Strain in Childhood Better than Cure in Later Life

Prevention, of course, in stammering as in all other ailments, is more important than cure; and in the facts of its causation there surely is reason for regarding it as an eminently preventable disorder. Originating usually in the frights, worries, and perplexities of remotest childhood, — as most psycho-neurotic troubles originate, whether they first show themselves early or late in life,— the thing to be done is to guard the young, so far as possible, from emotional stresses of any kind. Particularly is this desirable when there is reason to suspect that a child is constitutionally nervous. And in all such cases — in the case of all children, for that matter — precautionary measures against emotional strain should be accompanied by a careful "education of the will," a training of the child to be calm, courageous, self-confident; so that, when the inevitable shocks and trials of later life arrive, they will have no power to overwhelm the mind and give birth to some neurotic evil.

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THE SIXTY-FIRST SECOND

BY

OWEN JOHNSON

AUTHOR OF "STOVER AT YALE," ETC.

ILLUSTRATIONS BY A. B. WENZELL

John G. Slade and Bernard L. Majendie are conspicuous rival figures on the New York Stock Exchange, which is threatened with a great financial panic. It is important to Slade to know what Majendie's resources are for weathering the panic, and he tries to obtain this knowledge from Rita Kildair, who is that evening to give a supper which Majendie will attend. Slade plays upon Mrs. Kildair's love of jewels by leaving with her a valuable ruby ring.

Mrs. Kildair's supper is informal, and she asks her guests to help her prepare it. They go freely about her studio apartment, and in and out of her bedroom, where she has left Slade's ruby on her dressing-table. Just as they seat themselves at supper, Mrs. Kildair discovers that the ruby is missing. With the exception of Majendie, of Beecher, who has fallen under the spell of a young actress, Nan Charters, who is present, and of Slade, none of the guests are absolutely above suspicion. Mrs. Kildair has the doors locked, and declares that she will count one hundred in the dark. If, by the hundredth count, the ring has not been placed on the table, she will send for detectives to search her guests. The count goes to sixty-one, when a clatter is heard on the table. Mrs. Kildair continues the count to the end, but when the lights are lit the table is discovered bare. Detectives are sent for, but the ring is not found.

Young Beecher engages the services of the famous detective McKenna; while he is telling him the story, word comes that Majendie's Trust Company has gone down, and that the great panic is on. Mrs. Enos Bloodgood, one of the guests under suspicion of stealing the ring, has made preparations to elope with Majendie. But Beecher, intercepting her at the moment of her departure, breaks to her the news of Majendie's suicide. He takes her to Mrs. Kildair, who persuades her to return to her husband. Beecher discovers that Nan Charters has allowed Garraboy, a broker of uncertain reputation, to invest her small fortune in stocks. To protect her from possible loss he induces her to give him an order on Garraboy for the shares.

CHAPTER XIV

AT eight o'clock promptly McKenna presented himself at the door of Mrs. Kildair's apartment. Kiki, with his velvet glide, ushered him into the studio. The electric chandeliers were dull; only the great standing lamp was lit, throwing a foggy luster about the room, massing enormous dark silhouettes and spaces in the corners.

Every profession develops, back of its elaborate technique, a sudden quality of instinct which exists as the almost mechanical and unguided operation of the disciplined mind. McKenna had no sooner entered the room than he perceived the woman, with a quick defensive "on guard" of all his faculties. He felt at once that he had to do not alone with — what he had expected — a woman of unusual physical attraction, clever with the defensive intuition of one who has evaded the scrutiny of society; but with a woman of mental grasp and decision.

While he was still in the midst of his reflections, Mrs. Kildair entered.

"How do you do?" she said, nodding to him, a crisp, businesslike abruptness in her voice. "Shall we sit here?"

She took her position by the reading-table in a great high-backed upholstered arm-chair. Obeying her gesture, he drew up his chair to a position opposite. In the varied experiences of thirty years, he had come into contact with women of all walks of life. "Is she good or is she bad?" was the question that, in ninety cases out of a hundred, he put to himself at the turning-point of his campaign. For the first time, despite his previous prejudice, he was in doubt as to the answer.

"I have wanted to meet you for a long time, Mr. McKenna," she said directly, but without the accompanying smile of feminine flattery. "Mr. Slade has told me much about you."

"Slade?" he said, with a quick simulation of surprise, while admiring the abruptness, amazing in a woman, with which she had launched her attack.

"You realize, of course, Mr. McKenna," she continued quietly, without giving him time to deny her implication, "that Mr. Beecher, in engaging you, has, quite without his knowledge, brought on a situation that is very embarrassing to me."

"Good!" thought the detective. "She has made up her mind to tell the whole story."